

P R I N T I N G S P E C I F I C A T I O N S

Publication: **Healthy Options Are Here!** (table tent card)

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Printing instructions:

To print this publication from a desktop printer, do the following:

- Make sure legal size paper is loaded in your printer. From the File menu, go to Print.
- Choose to print only page 2.
- Under Page Scaling, select None **OR** under Size Options, choose Actual Size.
- Under Properties, select the following: **Paper size:** legal; **Orientation:** portrait.

When printing is finished, trim along solid lines on both sides. Fold paper along dotted lines with text showing on the outside. Tape short edges together to form the table tent card.

6 ways to make snack time good for your health

1. Choose baked chips over regular chips, or dried apricots.
2. Look for items with the whole grain stamp.
3. Pack dried or dehydrated fruit like apple chips, banana chips, or dried apricots.
4. Grab unsalted nuts for a protein boost that's low in sodium too.
5. Bring a snack from home like low-fat yogurt or pre-cut vegetables with hummus.
6. Pre-plan your snacks. Try hard boiling eggs for the week ahead.
7. Save some of last night's air-popped popcorn.
8. Try seltzer water with lemon or lime instead of soda.
9. Choose a snack in the vending machine that is labeled as a healthy option.



Your health. Your food. Your choice.



Healthy options are here!

We heard you say that having access to healthy choices at work is important. Look for new, healthy snacks in the vending machines!

We're now offering items with:

- Less than **250** calories
- Less than **10g** of fat
- Less than **20g** of sugar
- Less than **360mg** sodium



At least half of the items in vending machines meet these Nutrition Guidelines. Some exceptions apply.



Healthy snacking just got easier.